

High Sierra Leadership Expedition

What Did I Learn:

- Leave No Trace Principles
- Map Reading
- Risk Management
- Leadership Qualities
- River Crossings
- Self-Confidence
- Backcountry Cooking

Project Description:

For my STEP project I took part in the High Sierra Leadership Expedition through Ohio State's Outdoor Adventure Center. This expedition was a 22-day, 180-mile backcountry hiking trip through southern California's John Muir Trail from June 26th through July 23rd, 2019. For this expedition we started a few miles south of Yosemite National Park and made our way through Kings Canyon National Park and Sequoia National Park, we then went on to finish by summiting Mount Whitney.



Motivation:

Before going on this expedition I was not confident in my abilities to lead others and I was not confident in myself. I would always doubt the decisions I made, whether they were decisions for myself or for a group. I decided that going on this trip would help me build up my confidence and my leadership skills while getting to experience the beauty of the wilderness.



Transformation:

During my time on the this trip the way I viewed myself and the world around me transformed significantly. Before going on this trip, I did not really view myself as a leader or someone who would make a strong leader. I never really wanted to be a leader because I was not confident in my capabilities to lead a group. After being a group leader several times on this trip that all changed, I now feel more confident as a person and a leader. I am no longer reluctant to take the role as a leader and when I am in the position of being a leader and I am confident in the decisions I make while being a team leader. As for how the way I view the world around me transformed, I now have more respect for the environment and my passion to protect it has only grown stronger. After seeing so many spectacular views and experiencing nature in such a raw way, I want to work to protect what little untouched land there is left.

Favorite Part:

I think that my favorite part besides the incredible views and the personal transformation that I experienced, were the bonds and friendships that I formed with the nine other brilliant people I experienced this expedition with. We had many laughs and great memories formed that will always stick with me. These nine people are like whole other family that I hope to be in contact with for a very long time.

